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IranCrisis

Metro Canada is keeping you up to date with everything you need to know about the evolving crisis in Iran.

Today

- **Ayatollah says vote will stand, pg 6**

On metronews.ca

- **Look back on how events have unfolded with stories, photos and video in our ongoing Unrest in Iran section**

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.

On metronews.ca

- **Share your SunnySide thoughts on what makes Calgary tick — people, places, events and architecture — on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide.**

SameSex Marriage

This week, Metro Canada is taking a closer look at the state of same-sex marriages. We will look at same-sex marriage in Canada, the United States and around the world — and introduce you to people who have gotten married, or plan to tie the knot.

Today

- **We introduce you to some couples hoping to get married in the U.S., pg 7**

Tomorrow

- **An update on the status of same-sex marriages in other countries**

Olympic Plaza

A musical lunch break

ROBIN KUNSKY/FOR METRO CALGARY

Natasha Platt, from Magnolia Buckskin, playing at Olympic Plaza as part of the Brown Bag Lunch Series put on by the City of Calgary every weekday from noon till 1.

Parking fees could get worse

City has 'perfect storm': Expert

Calgary already has the second highest downtown parking rates according to an international parking survey, but it may only get worse if the city can't keep up with supply and demand, says a local building association.

An annual global parking survey released yesterday by Collier's International placed Calgary second to only New York in parking costs in North America, with Calgarians paying an average of $460 a month for downtown parking.

Bill Partridge, executive vice-president of the Building Owners and Managers Association of Calgary, said he isn't surprised by the report because of the market conditions in the city.

"The problem is, when you have an increasing demand for parking downtown and the removal of surface parking, without replacing the lots at the same time they are taken away, you are going to have parking shortages," Partridge said.

Partridge noted the problem of supply and demand coupled with the city's transit limitations might cause more problems in the future, perhaps spurring even higher parking costs.

"We're feeling the effects of a perfect storm. People drive to the core, because I presume, that is what they feel is much more efficient for them," he said. "High demand and short supply is what is driving the prices up."

Ward 8 Ald. John Mar's motion to lower short-term parking costs in the downtown core was shot down by fellow aldermen on Monday; a move he says was "disappointing."

"I think this (survey) validates what I have been saying all along. It's one more barrier for citizens being able to access downtown parking."

While many Calgarians are unhappy with the additional parking costs of working downtown, 27-year-old Jacob Fox said he got lucky when he found monthly parking for just $100 a month.

"It's just a bit of an extra walk but it's worth it," he said.

KRISTA SYLVESTER/METRO CALGARY

Expensive parking

Top prices across Canada

1. Calgary — $460
2. Toronto — $305
3. Montreal — $280

Energy incentives may get extended

ALYSSA JULIE
for Metro Calgary

INDUSTRY Energy Minister Mel Knight will announce today whether the Alberta government intends to extend temporary energy incentives for natural gas, says Jerry Bellikka, Alberta Energy spokesperson.

The announcement follows the Fraser Institute's annual Global Petroleum Survey, criticizing Alberta's investment climate. The province ranked 92nd of 143 jurisdictions, fairing only slightly better than the Yukon, the Northwest Territories and Nunavut.

"What happened to the Alberta advantage?" asks senior economist and survey co-ordinator Gerry Angevine, blaming punitive royalties, native land claims and regulatory uncertainties for Alberta's devastating performance in this year's survey.

"I think there's a message here for the government if they're interested in attracting investment in this globally competitive economy," said Angevine

It's a message not well-received by the province. Bellikka dismissed the study as narrow and biased, arguing there is no correlation between today's announcement and yesterday's report.

WITH FILES FROM AMY GREGSON

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Flame of Hope to begin journey to Special Olympics
The Law Enforcement Torch Run (LETR) Flame of Hope will be leaving Calgary today for a 500-kilometre journey to St. Albert, Alta., and the opening ceremonies of the Summer Provincial Games for Special Olympics. METRO CALGARY

Local

Texting for a good cause

Use your text-messaging skills for good by supporting TXT 2 DON8, which benefits the Kids Cancer Care Foundation of Alberta and the 15th Annual Rogers Chomp & Stomp. Rogers and Fido wireless customers can text "Kids" to 4825 and donate $2 in support on June 30. Event organizers hope to raise $100,000. Standard text-messaging charges apply. METRO CALGARY

Calgary in brief

MISSING The Calgary police are seeking assistance in locating Brendan Craig Davis, 23, who was reported missing by his family. Davis was last seen on June 17 at his home in the 100 block of Forest Way SE. Anyone with information about the disappearance is asked to call 403-266-1234.

PAINT Alberta's paint container recycling program is increasing its environmental fees to ensure continued service. Effective Aug. 1, a 25-cent increase will be seen for containers more than one litre and up to five litres, and a $1 increase for containers more than five litres and up to 23 litres will be seen at the point of sale.

TRICYCLES The three tricycles that were stolen from Providence Children's Centre have been returned to the school. The school received $5,350 in donations once Calgary heard the trikes had been stolen. The school said that with support like this they can continue working with children with disabilities.

TICKETS July 4 is the last day for early-bird tickets for GlobalFest. The $10 general admission tickets and $37.50 passes for the cultural festival and fireworks show can be purchased at Calgary Co-op Food Centre, Totem Building Supplies, Marlborough Mall or at www.globalfest.ca.

SURVEY The 2009 Calgary Police Commission Citizen Survey is coming to a phone near you. The survey runs June 29 to Aug. 22 and will try to determine the public experience and perception of the Calgary Police Service. Calgarians will be selected randomly.

METRO CALGARY

Students see the future

Young adults present ideas during Plan It Calgary hearing

JOEL MESSNER
for Metro Calgary

Two university students are capitalizing on their chance to help shape Calgary for the future.

Both Andrew Sedor and Derek Pomreinke presented their ideas to council on Tuesday during the Plan It Calgary hearing.

Sedor , 20, is going into his fourth year of the University of Calgary's urban studies program, while Pomreinke, 23, has just graduated from the same program.

"I thought it was very important that people my age, and the younger generation who aren't typically known for being very proactive in stuff like city governance, to point out that there are people from my generation that do care," said Pomreinke.

Sedor said that more youth need to be more involved in city government and decisions.

"A lot of youth don't show up to these events," said Sedor. "I do think more youth actually need to ... get their voice heard."

Both Sedor and Pomreinke presented in favour of Plan It Calgary.

Aldermen reaction to the young presenters was mixed.

"I guess they (presented) a limited position because they don't know what it is like to have a family," said Ward 10 Ald. Andre Chabot.

Brian Pincott, alderman for Ward 11, said, "I thought those guys were great. I think they brought a really good perspective, because ultimately what we're talking about here is building a city for them."

ROBIN KUNSKY/FOR METRO CALGARY

From left, Andrew Sedor, 20, Derek Pomreinke, 23, Guillermo Enrique Guglitti, 23, and Jon Gregg, 21, hold a map of Calgary after talking with city council yesterday at the Plan It meetings.

Pair discover body floating in Bow River

AMY GREGSON
For Metro Calgary

"At first we didn't believe it was a body because this is Calgary." Oliver Leung

FINDING A dead body was discovered in the Bow River by the Louise Dean Bridge and Memorial Drive yesterday afternoon.

Oliver Leung and Tina Johnson were sitting by the riverbank having a conversation when they noticed something in the middle of the water.

"At first we didn't believe it was a body because this is Calgary," said Leung. "We thought it was some rocks and garbage left over by some rafters."

Leung, a former lifeguard, waded out into the river and discovered that it was in fact a body.

"You can't walk away from a situation like this," said Leung. "It's almost an obligation to the victim."

The witnesses said they called 9-1-1 at this point and police and the fire department arrived within five minutes. Leung said the body appeared to be of a Caucasian man in his 30s, and that police told them it was not suspicious.

Calgary police Sgt. Frank Reuser said police are conducting their normal investigation into the case.

Expert sees little hope for ban on armoured vehicles

CRIME Alberta's top cops revealed a criminal roadblock in the battle against gang warfare yesterday, intended to park armoured vehicles targeted by flying bullets.

The legislation will force armoured vehicles to pass an inspection.

While the initiative is proactive, Canadian gang expert Michael Chettleburgh predicts the blow will be anything but major.

"It's not going to change the gang dynamic in Alberta remarkably in any way," he said. "If you believe that your life is at risk, which is the ultimate price to pay for your gang involvement, I think you're still going to continue to get your car armour-plated."

Cars with professional after-market security enhancements can slip by even a discriminating eye, he said, predicting the legislation will likely net less than 10 vehicles.

"They're a needle in a haystack," he said.

VICTORIA HANDYSIDES/
METRO CALGARY

metronews.ca
What's online today.

Video Fraser Institute rumbles about Alberta at **metronews.ca/calgary**

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Lotto 6/49: 13, 19, 23, 33, 38 & 48. Bonus 2
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SHOPPERS DRUG MART

Propane tank blast
Two men are recovering in hospital from serious burns after a propane tank blew up in a northeast townhouse yesterday. METRO CALGARY

Bow Valley expansion will double capacity

Construction of building to start in August

AMY GREGSON
for Metro Calgary

The ever-expanding Bow Valley College can now see their physical buildings expanding as they put shovels to the new south campus yesterday.

The new seven-story building, across the street from the college, will be able to double its capacity for students from 11,000 to 20,000 a year.

"We now find ourselves with a wonderful challenge in keeping up with demand for our services," said Sharon Carry, president and CEO.

"When we plan for the future of Bow Valley College, we plan for the full range of needs our students have," said Carry.

"When we plan for the future of Bow Valley College, we plan for the full range of needs our students have."
Sharon Carry, CEO

Carrey said the building will have access to the LRT, career development and placement services, a bookstore and the Aboriginal Centre.

Carrey also said it will be a leader in energy and be conscious of the environment.

The construction of the $193-million south campus will begin in August and be completed in 2013.

The redevelopment and expansion project for the north campus building began in 2006.

ROBIN KUNISKI/FOR METRO CALGARY

Premier Ed Stelmach rolled up his sleeves and hit the dirt at the official ground breaking of a multimillion-dollar redevelopment and expansion project for Bow Valley College in downtown.

Woman who gave birth in Wal-Mart found not guilty
A woman who gave birth in a Wal-Mart washroom in Prince Albert, Sask., and left the baby behind has been found not guilty of child abandonment, CBC News Online reports. METRO NEWS SERVICES

Canada

Soprano undergoes heart surgery

International opera star Measha Brueggergosman underwent emergency surgery in Toronto last week, her family told CBC News Online. The Fredericton-born soprano suffered a life-threatening tear in her aorta. Brueggergosman was taken to a hospital emergency room from her home last Tuesday when she wasn't feeling well. She recently achieved a dramatic weight loss of about 150 pounds, which she said was a result of Bikram yoga. METRO NEWS SERVICES

News in brief

ECONOMY Finance Minister Jim Flaherty said yesterday he was seeing more positive signs than negative ones in the country's economy. "Certainly there are positive indications of stabilization in the economy. What we want to look for now are signs of the beginning of economic growth. We're starting to see some positive indications of consumer confidence, some increased activity in residential real estate," Flaherty said in a conference call from Washington.

ENVIRONMENT An environmental group yesterday asked U.S. Secretary of State Hillary Clinton to deny permits for pipelines that would bring oil from Canada's tar sands to the United States. Environmental group ForestEthics said production from Canadian tar sands generates up to fives times more greenhouse gas emissions than conventional oil. REUTERS

Death **Remembering Romeo**

REUTERS FILE PHOTO

Former Governor General Romeo LeBlanc poses beside his official portrait during an unveiling ceremony at Rideau Hall in Ottawa, in this 2003 file photo. Leblanc, who served as the 25th representative of the Queen in Canada from 1995-1999, died yesterday at the age of 81.

Native pandemic

First Nations declare state of emergency in flu's wake

Flu-stricken Manitoba First Nations communities have declared a state of emergency in the wake of the federal government's response to the swine flu pandemic.

Chief David Harper said he hopes the move will make Ottawa understand the gravity of the situation, given how many aboriginal people in the province are influenza A (H1N1), also known as swine flu, positive.

"We have declared a state of emergency based on the fact ... that preparations for combatting the H1N1 virus are very slow and we are still getting results of positive cases," said the chief for the Garden Hill First Nations, about 550 kilometres northeast of Winnipeg, near the Ontario border.

Population

- While aboriginals make up a little more than 10 per cent of Manitoba's population, they account for roughly two-thirds of the people who have required intensive care for swine flu, according to provincial health officials.

Harper said even the most basic precaution against spreading germs, such as regularly washing hands, is impossible in some reserves where the majority residents don't have running water.

"We are calling on the federal health minister (Leona Aglukkaq) and every minister responsible for this crisis to come forward and state who is taking the lead role here and explain what is happening," he said.

It was revealed this week Health Canada had delayed sending alcohol-based liquid hand-sanitizers to some First Nations communities for fear some residents might drink it.

Harper said the fact these communities couldn't even get hand sanitizers — with or without alcohol — is making native leaders question whether the federal government even has a pandemic plan for First Nations reserves. TORSTAR NEWS SERVICES

BEST BUY FUTURE SHOP LONDON DRUGS Walmart Zellers Koodo shop

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Marlborough Mall
Southcentre Mall
Sunridge Mall

(1) Subject to approved credit.

Radiation not needed in common childhood cancer: Researchers

Children can be treated for a common form of childhood leukemia without bombarding the brain with radiation, reducing the risk that they will suffer additional tumours and thinking problems, U.S. researchers said yesterday. REUTERS

World

Monkey urinates on Zambian president

A monkey urinated on Zambian President Rupiah Banda as he spoke to journalists at a news conference yesterday. Banda softly shouted: "You have urinated on my jacket," and paused as he looked up to see the animal playing in a tree just above his chair. "Perhaps these are blessings," he said, continuing his address amid laughter from the audience of journalists and diplomats. REUTERS

Governor comes clean on affair

U.S. South Carolina Governor Mark Sanford tearfully admitted yesterday he had been unfaithful to his wife, likely ending any chance he might be a Republican contender for the U.S. presidency in 2012. Sanford resigned as chairman of the Republican Governors' Association. Sanford's confession at a news conference ended days of speculation over his whereabouts. After he disappeared last week, his staff first said he was hiking on the Appalachian Trail. It later emerged he had traveled to Argentina to be with his lover, leaving his family over Father's Day weekend. REUTERS

Iran says vote will stand

IranCrisis

Iran's Supreme Leader Ayatollah Ali Khamenei declared yesterday that a disputed election result would stand, despite street protests that Iranian officials say Britain and the U.S. have incited.

The opposition refused to be bowed. Reformist cleric Mehdi Karoubi, who came last in the June 12 presidential election, called the new government "illegitimate" and around 200 protesters braved the security crackdown near parliament. Riot police later used tear gas to break up the protest.

> **"Neither the establishment nor the nation will yield to pressure at any cost."**
> Ayatollah Ali Khamenei

Police and militia have largely succeeded in taking back control of the streets this week after the biggest anti-government protests since the 1979 Islamic revolution. The hardline leadership is refusing to give ground.

"I had insisted and will insist on implementing the law on the election issue," said Khamenei, the most powerful figure in Iran. "Neither the establishment nor the nation will yield to pressure at any cost."

Iran is blaming the discontent on foreign powers.

"Britain, America and the Zionist regime (Israel) were behind the recent unrest in Tehran," Interior Minister Sadeq Mahsouli said, according to the semi-official Fars news agency. REUTERS

News in brief

NORTH KOREA U.S. President Barack Obama yesterday renewed sanctions against North Korea, declaring that its nuclear program posed a national security risk and a danger to the Korean Peninsula. "The current existence and risk of the proliferation of weapons-usable fissile material on the Korean Peninsula constitute a continuing unusual and extraordinary threat to the national security," Obama said in a notice to Congress. REUTERS

China Countdown ceremony

CHINA DAILY/REUTERS

Police take part in a ceremony marking the 100-day countdown to the Oct. 1 anniversary of the founding of the People's Republic of China in Beijing yesterday.

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Star-faced teen lied about tattoo

The Belgian teenager who claimed a tattoo artist had drawn 56 stars on her face, rather than the three she asked for, has admitted she lied . REUTERS

Faces of the U.S. fight

GRAHAM WOOD
Metro World News

Sometimes people think gay couples want to get married just to say they did it and scoff in the faces of those who oppose their right to do so. But there's a unique story behind every gay couple. Metro introduces you to three different couples with very different experiences:

METRO WORLD NEWS

Jim, right, and Cheng, from New York City, are hoping New York state legalizes gay marriage so they can get married in front of their friends and family.

NEW YORK Jim and Cheng — they did not want to use their last names — fell in love the first night they met to watch one of pop culture's most iconic love stories.

"Sex and the City, of course," Jim said. It's been a year since that night, and the couple wants to be married in front of friends and family. That may happen since New York will soon decide whether to legalize gay marriage. But if it does, there's one thing it won't grant.

Cheng is from Taiwan and in the U.S. on a visa, and the Defense of Marriage Act prohibits federal recognition of gay marriages.

BERKELEY, CALIF. Simma Lieberman and Sandra Michele Brown never understood the hoopla over gay marriage. They would go to partnership ceremonies for other gay couples, and it just didn't make sense to them.

"We thought it was just gay people trying to be accepted by the outside world," said Lieberman. But when Brown died of a heart attack at the age of 53, Lieberman didn't have any legal right over her body or her belongings, nor to say good-bye before she was cremated. "I had to get permission from her brother to do all that," Lieberman said. "The crematorium had to get his verbal permission."

SAN FRANCISCO Frank McGinness' wedding ceremony wasn't quite what he had imagined. It was mid-2008, and San Francisco had just started issuing marriage licences to same-sex couples. Opposition to the move was building, and Proposition 8 — denying gays the right to marry in California — was going to be placed on the ballot in November.

"We thought we could wait for families and friends to be available to attend our marriage," McGinness said. "But we had (to rush) … in case Prop 8 passed." It turned out none of their family members were able to make it to their impromptu ceremony at San Francisco's City Hall.

Moving Calgarians since 1909

The official party tests out Car No. 18 in 1910. From L–R are Commissioner Simon John Clarke, Commissioner Arthur G. Graves, Mayor R. R. Jamieson and Calgary Municipal Railway Superintendent Thomas H. McCauley.

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Comment

Math teacher makes gay pride add up

Relating

Steve Collins

metronews.ca/collins

With pride weeks underway, en route to Canada Day, it's possible to conflate Pride and patriotism.

To the south, the Obama administration has extended benefits to same-sex couples working for the federal government — except, presumably, in the military, where the old "don't ask don't tell" policy is still in place.

Members of the Canadian Forces participated in Toronto's Pride Parade for the first time last year.

Of course, this year, you can bet Prime Minister Stephen Harper will uphold the long-established prime ministerial tradition of skipping the parade.

Paul Martin once begged off citing a "scheduling conflict."

No other PM has even bothered to make an excuse.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

There is still much to celebrate here, where same-sex marriage was legalized four years ago now, putting the activist group Canadians for Equal Marriage out of business. A lot of things have changed. Me, for example.

I went to high school in a small town in the 1980s. There were no openly gay kids. We'd never heard the word homophobia, and we knew a lot of gay jokes, but no gay people.

Except Mr. G, the math teacher, who you might expect to be in for a world of mockery from his spotty and unevolved charges, at least behind his back. But he wasn't. Whip-smart, funny and patient, he was a student favourite.

Small place that it was, my dad had taught Mr. G math, and remembered him as a struggling student. Maybe knowing what it felt like not to have the answer was what made him such an exceptional teacher, which he undoubtedly was.

He also bonded with some students over a mutual love of heavy metal, which we, for some reason, thought was very straight music indeed. (The possibility incredibly never crossed our minds that Rob Halford, the singer of Judas Priest, who performed in Pride-issue biker leathers, was gay.)

The headbangers would vacate the smoking area and pile into a classroom after school for sessions of what was known as the "Cultural Society," Mr. G's regular screenings of metal videos on the school's AV equipment.

When I talk to some of the guys from school today, it's noticeable how much their attitudes have mellowed towards same-sex marriage, and gays and lesbians in general. Some of this can be attributed to changing times, and some to the shocking onset of adulthood, but I think it all started with Mr. G, teacher — rocker, and all 'round great gay dude.

So, happy Pride Week, Mr. G, though I still stink at math.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Right to full-body veil not a matter of religion

Mona Eltahawy
Guest Columnist

The full-body veil, called the burqa or niqab, terrifies me.

I'm a Muslim woman who defends a woman's choice to wear a headscarf — I wore one for nine years — but I will never defend the niqab. It embodies the erasure of a woman's identity.

And so I agreed with French President Nicolas Sarkozy when he said the burqa wasn't welcome in France because it "is not a religious sign, it's a sign of subservience."

I would add the niqab doesn't belong anywhere, neither in countries where Muslims are a minority nor in a Muslim-majority country like Egypt, my country of birth.

An argument I had on the Cairo subway — while I still wore a headscarf — with a woman who wore niqab helped seal for good my rejection of the niqab.

She asked me why I did not wear the niqab. I pointed to my headscarf. "Isn't this enough?"

"If you wanted a piece of candy, would you choose an unwrapped piece or one that came in a wrapper?" she asked.

"I'm not candy," I answered. "I'm a woman."

I retell that argument often because it shows the niqab isn't about the "West" versus "Islam."

Many will accuse Sarkozy of hating Muslims, but that would be to concede that the burqa is religiously mandated, as extremists believe. Many Muslim scholars have clearly described the niqab as an old Bedouin tradition that was not required by the Quran, the Muslim holy book. To connect the niqab with Muslim women is inaccurate because only a small minority wears it. Hearing Muslims argue over the burqa is the best way to disarm the Islamophobic right wing and their crocodile tears for Muslim women. We don't care for their "support" and yet — to fight Islamophobia — we must not silently watch extremists erase Muslim women out of existence.

Mona Eltahawy is an award-winning syndicated columnist and an international public speaker on Arab and Muslim issues. She is based in New York.

MICHAEL DE ADDER

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New iPhone costs $179 to produce: Analysis
Apple Inc.'s new entry-level iPhone model carries a bill of materials of $172.46 and costs $6.50 to make, according to an analysis yesterday by research group iSuppli. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Firms testing TV on the web

Time Warner Inc. and Comcast Corp. have banded together to test ways to allow people to watch more TV shows over the web, while making sure they keep paying for their traditional cable or satellite TV services.

The partnership by two major media companies underscores the pressure the TV industry is under to protect its revenue, but also satisfy consumers who want to watch their favourite drama or comedy at a time and place of their choosing.

Time Warner and Comcast are banking on an approach that would essentially let viewers see any show at any time over any sort of device they wanted — whether that is a TV set, computer or cellphone.

One catch: They must first prove they are a cable or satellite customer, meaning they already pay a monthly subscription fee for TV.

In announcing the partnership yesterday, Time Warner chief executive Jeff Bewkes stressed that he viewed the plan as a "free gift" for consumers that simply "expands" their entertainment choices.

REUTERS

Trials next month

• In testing whether the system will work, both technically and strategically, Time Warner and Comcast will begin a U.S. trial of the service in July.

Poor nations plead for aid at UN crisis meeting

WASHINGTON Representatives of developing countries had a clear message yesterday for a UN meeting on the global financial crisis — we need money.

The three-day conference has been fraught with difficulties for weeks. It was originally scheduled for June 1-3, but UN General Assembly President Miguel D'Escoto postponed it to this week when negotiators did not reach an agreement on draft proposals for reforming the global financial system.

Although the meeting has been billed as a summit, no Western leaders are attending. Only a dozen presidents and prime ministers, mostly Latin American and Caribbean, showed up. Others taking part have sent lower-level delegates.

On the first day, speakers from developing countries made clear that they saw their nations as victims of a financial crisis and pleaded with the world's wealthy nations to help them. Zimbabwe's Vice-President Joice Mujuru pleaded for a "financial stimulus package", saying lack of foreign support imperiled a recovery plan drawn up by the unity government.

REUTERS

BRENDAN MCDERMID / REUTERS

Ngozi Okonjo-Iweala, managing director of the World Bank, speaks at the United Nations conference on the World Financial and Economical Crisis in New York yesterday.

Mobile money could help poor

• Being able to use a cellphone for money transfers and bill payments would give some of the world's poorest people the chance to become part of the financial system, telecom providers and bankers have said.

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Business in brief

WASHINGTON The U.S. Federal Reserve yesterday held monetary policy steady and said the U.S. economic recession was lifting, as it signalled its worries over a possible downward spiral in prices were easing, Reuters reports. The central bank also said it had decided to hold overnight interest rates in a zero to 0.25 per cent range and repeated that they would likely stay unusually low for some time.

JOBS Apple Inc. CEO Steve Jobs is recovering well from a liver transplant in Memphis, Tenn. and has an "excellent prognosis," according to the Memphis hospital where he had the surgery. Jobs, who gave the hospital permission to make the disclosure, was the sickest patient on the waiting list at the time a liver was available, Methodist University Hospital Transplant Institute said yesterday. Apple's 54-year-old CEO, a cancer survivor, went on medical leave in January.

PETROLEUM Addax Petroleum Corp. of Calgary has struck an $8.27-billion deal to be taken over by Sinopec International Petroleum Exploration and Production Corp., a Chinese company, CBC News Online reports. Sinopec will pay $52.80 in cash for each share of Addax. In morning trading on the Toronto Stock Exchange, investors sent shares of Addax up more than nine per cent.

METRO NEWS SERVICES

Heil takes a fall
Olympic gold medallist Jennifer Heil tweaked her knee landing a jump during mogul training on Blackcomb glacier and will miss the remainder of a national freestyle team camp being held this week. Heil said the injury isn't serious but will require some rest and treatment. METRO NEWS SERVICES

Sports

Another year for Chelios?

Although the Detroit Red Wings won't re-sign him, 47-year-old Chris Chelios, left, says he still wants to play in the NHL next year. Saying that his family won't move from the Detroit area, where he owns a bar, the defenceman said yesterday he'd like to play for an Eastern Conference team. Chelios made his NHL debut in 1984 with the Montreal Canadiens. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sharapova out

Former Wimbledon champion loses in second round

Maria Sharapova was heading for the airport after losing at Wimbledon yesterday while another former champion Roger Federer sauntered through to the third round in glorious sunshine after a clinical display.

Sharapova struggled on the Centre Court where she made her name in 2004 by beating Serena Williams to win the women's singles title as a 17-year-old. The Russian looked a pale shadow of the player who once looked set to dominate the game.

Bedevilled by shoulder problems since losing in the second round here last year, the 24th seed ran into inspired Argentine Gisela Dulko, falling 6-2, 3-6, 6-4 to a player she had dropped just three games against in their two previous clashes.

"It's a little too late to start picking yourself up when you're down a set and 3-0." Maria Sharapova

Sharapova lost the opening set in 35 minutes and despite some typically tenacious resistance to win the second from 0-3 the booming weapons that used to blast the Russian to safety in such situations failed to function at crunch time.

Dulko eventually prevailed on her fifth match point when Sharapova, who was bumped up the seedings from a world ranking of 60, fired a forehand long to end an absorbing scrap.

"It took me a while to get going," former world No. 1 Sharapova told reporters. "It's a little too late to start picking yourself up when you're down a set and 3-0."

Referring to Federer as a former holder of the Wimbledon title he won five years in a row still takes some getting used to, but his form in a 6-2, 6-2, 6-4 win over Spain's Guillermo Garcia-Lopez suggests he will soon reclaim his throne.

The Swiss was at his relaxed, free-flowing best as he reduced Garcia-Lopez to a bit-part role during most of an embarrassingly one-sided contest that was over all too quickly for the 15,000 spectators on a sweltering afternoon.

REUTERS

CLIVE BRUNSKILL/GETTY IMAGES

Maria Sharapova shows some emotion during her 6-2, 3-6, 6-4 second-round loss yesterday at Wimbledon.

U.S. shocks Spain at Confederations Cup

SOCCER The United States scored its greatest win in almost 60 years by beating European champions Spain 2-0 yesterday to reach the final of the Confederations Cup.

Goals from Jozy Altidore and Clint Dempsey ended Spain's world record run of 15 successive victories and their 35-match unbeaten sequence, a world record streak they share with Brazil, and caused one of the biggest soccer upsets in years.

"That was a great team effort. To beat a team like Spain, it's big." U.S. coach Bob Bradley

However, the match ended in bittersweet agony for U.S. coach Bob Bradley when his son Michael, who had a brilliant game in midfield, was sent off three minutes from time.

He was the third U.S. player sent off in the tournament and now misses Sunday's final against Brazil or hosts South Africa.

Overall though it was the best performance by the U.S. since they beat England 1-0 in the 1950 World Cup in Brazil.

It was also the first time the U.S. had beaten a team ranked No. 1 in FIFA's world rankings since they defeated Brazil in 1998.

The result was even more remarkable because the U.S. had lost its opening two group matches in the competition and was heading out until they beat Egypt 3-0 on Sunday and Brazil sank Italy by the same score as they squeezed through on the number of goals scored.

"That was a great team effort. To beat a team like Spain, it's big," coach Bradley told reporters.

REUTERS

Sports in brief

TRADE Toronto FC has traded Canadian international midfielder Kevin Harmse to Chivas USA. The MLS team will receive allocation money in exchange. Harmse, who can also play as a defender, has been called up by Canada for the Gold Cup next month. He has won nine caps for Canada.

GAMBLING Wagering on a Wimbledon match soared after a TV commentator pointed out one of the players was injured, an online bookmaker said yesterday.

METRO NEWS SERVICES

Bruins vs. Flyers at Fenway: Report

HOCKEY The NHL's third Winter Classic will be played between the Philadelphia Flyers and Boston Bruins at Fenway Park on Jan. 1, 2010.

It is being reported by the Trentonian that the league was trying to push for a Washington/Boston matchup, but NBC, who will broadcast the game, wanted the Flyers so as to draw a better television audience. METRO NEWS SERVICES

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Bright Future For WestJet

Despite the setbacks airlines around the world are currently facing, including a weakened demand for air travel as a result of the economic downturn, the skies are looking bright for WestJet.

Not only is the Calgary-based company the world's fourth most profitable airline on a percentage basis, but it continues to deliver on its strategic plan by expanding its network, growing its fleet of planes from 79 to 121 by 2013, and launching a frequent flyer program and code-sharing deals with Air France and KLM as well as others in the future.

These partnerships would allow the airlines to transfer their passengers onto one another's networks, allowing guests to book through travel and check their baggage directly through to their destination. They will also give WestJet guests access to a world of destinations.

While striving to continue offering its guests a friendly, efficient and relaxing experience, the company is also looking to become one of the top five most successful airlines in the world by 2016. And Sean Durfy, WestJet's CEO, says his airline is in a better position than most to get through the recession and achieve that goal.

"We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience," explains Durfy. "For us, our company culture is the key driver to our success."

WestJet's culture drives all of its decisions. The airline's recently introduced Care-antee reinforces that its people truly go above and beyond when it comes to taking care of its guests. From not overbooking flights to providing guests with meals and accommodations if flights are delayed or cancelled (even if it's Mother Nature's fault), the airline truly puts people first.

The low-cost airline also takes social responsibility as seriously as it does business. WestJet's culture of caring extends beyond its people and guests to the community at large through its WestJet Cares for Kids program. From organizing toy drives for children's hospitals in the communities it serves, to providing thousands of free flights to people who desperately need medical care, to partnering with 10 national children's charities like Kids Help Phone and Ronald McDonald House charities, WestJet is a firm believer in giving back. In fact, the company supports more than 800 community initiatives throughout Canada.

In the face of the weakened global economy, it's clear that WestJet is en route to continued success.

"We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience"

COMPANY PROFILE: WEST JET

Sean Durfy became WestJet President in September 2006 and Chief Executive Officer in September 2007. As President and CEO, Sean is responsible for both the strategic direction of the company and the day-to-day operations of the airline, leading over 7,500 WestJetters as they deliver an exceptional guest experience.

Amid the global recession, weakening demand and bankruptcy notices by airlines around the world, the fact that WestJet has become the most profitable airline in North America on a percentage basis is a true testament to the success of its mandate: putting people first.

Since its inception in 1996 as a low-cost airline servicing Western Canada, WestJet has grown from a fleet of three planes to 79 – all Boeing 737 Next Generation – flying to 55 destinations across Canada, the U.S., Mexico and five Caribbean nations. Some of their most recent destination additions include San Francisco, San Diego, Sydney, Nova Scotia and Yellowknife, NWT, with more destinations planned in the near future.

Today, the Calgary-based company is run by an executive team of seven headed up by President and CEO Sean Durfy, 43. "We have a very simple motto," says Durfy, a native Newfoundlander. "If we, as a corporation, take care of our people, then our people will take care of our guests, and our guests will take care of our business."

One of the ways WestJet takes care of its people is through profit sharing. Just as that familiar refrain on their playful TV commercials says, "Why do WestJetters care so much? Because we're also WestJet owners," 83 per cent of their 7,500 staff own shares in the public company through an employee share purchase program.

WestJetters as they refer to themselves can designate up to 20 per cent of their salary to buy shares, which the company matches. Considering it's the fourth most profitable airline in the world on a percentage basis, with revenue of more than $2.5-billion in 2008, there's certainly incentive to invest.

But it's the unique culture that truly sets WestJet apart. Through its fun, friendly and caring WestJetters, they demonstrate that an airline can have exceptional operational performance, a world class guest experience and great value.

WestJet has always been on top of new trends and technologies. In fact, it was the first airline in North America to implement the electronic boarding pass and is the only airline in Canada to offer live seatback TV.

In keeping with the global concern over the environment, WestJet has made a concerted effort to lower emissions from its fleet of planes by investing billions to upgrade its fleet to be more fuel efficient. Today, WestJet proudly boasts one of the youngest, most modern and fuel-efficient fleets in North America.

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METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

New condo amenity: Chicken coop?

HomeScape

In the old days, chickens wandering and scratching around the house may not have been such a shocker, but it certainly would be an eye-grabber in the city in this day and age.

Or would it? Recent news coverage in Toronto and other urban centres has shown that the idea of keeping chickens has gained a lot of interest in the city. It seems to be an idea whose time has arrived (again).

After decades of happily ingesting processed foods made of a long list of chemicals and other substances not encountered in nature, people are starting to ask questions about what they are eating. One solution is to produce the food yourself. In the same way you know precisely what goes into the vegetables you grow in your garden, you would know what has been fed to your chickens, and how they are kept or treated.

But before you rush off to build your chicken coop, keep in mind that the notion of keeping chickens in the city is one that many communities are still wrestling with. Check with your local government. If it is illegal in your city, and you would like it to be legal, get busy lobbying. Check online under urban chicken or city chicken — you'll find lots of allies.

Many city bylaws currently prohibit chickens due to health reasons (although that hasn't stopped some urban chicken keepers). But smaller cities such as Guelph, Brampton, and Niagara Falls in Ontario, and Victoria and Surrey in British Columbia do allow urbanites to keep chickens provided certain rules are followed.

These usually have to do with the number of chickens you may keep, minimum lot size, or distance of the coop from lot lines.

One rule that almost all chicken-friendly municipalities have is — no roosters. This is because roosters try to impress hens by cockadoodling at all hours of the day, enough to drive you bonkers. Hens can cackle, but are much less vocal than crowing roosters.

Mostly, people who keep hens want eggs. Slaughtering hens for the purposes of a good chicken meal is another benefit, but many urbanites who raise chickens tend to shy away from this. They get attached to the chickens, who can actually be quite companionable.

One thing is true of home-raised chicken. I can tell you from past experience that both the meat and particularly the eggs of home-raised chickens are delicious, and often bear very little resemblance to some of the much blander commercially-produced chicken and eggs.

I swear the best eggs I've ever eaten were bought from a ramshackle farm with wandering chickens near a cottage we used to visit — the yolks were bright yellow and the flavour unapologetically rich and flavourful.

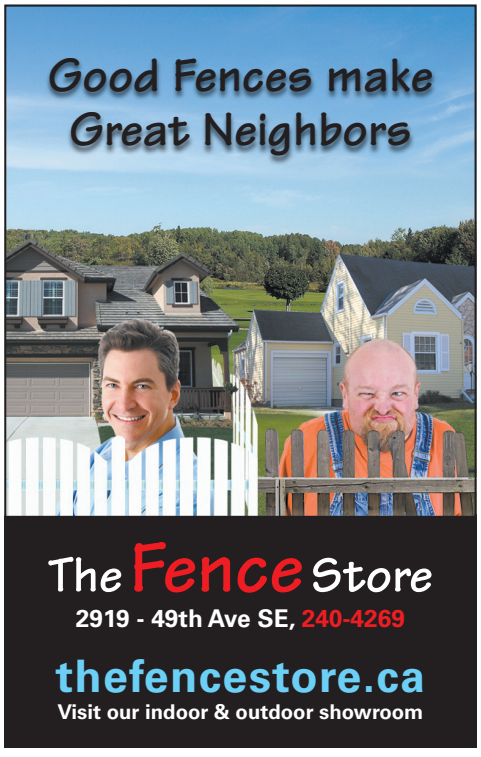
If you are even remotely considering the idea of keeping chickens, rest assured that it involves work, and the whole affair is quite a commitment, as anybody who has ever been exposed to livestock can tell you.

Keeping chickens in urban areas has been gaining a lot of interest as of late.

Chicken tips

- Chickens need to be fed and watered at least once a day, and possibly twice. Old or damp food or dirty water needs to be removed and replaced daily to avoid spoilage and ultimately, sick chickens.
- And speaking of sick, make sure you have the name of a bird vet on hand. You will need to routinely watch your chickens for any signs of problems so you can take immediate action.
- The chicken coop which is used by the chickens to lay eggs, sleep and get out of the weather, needs to be cleaned once a week.
- Don't scrimp on materials when you build your coop. It will need strong materials which will protect your chickens from predators.
- As for size, a good rule of thumb is to provide four square feet inside the coop per chicken.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



An emulsifier?
Mustard helps to bind sauces and emulsify oils in vinaigrettes and mayonnaise. Begin making vinaigrette with prepared mustard, whisk in vinegar or lemon juice and then slowly whisk in oil. Season to taste. METRO NEWS SERVICES

Food

Cultivated for at least 5,000 years, mustard is the oldest condiment known to man and is the world's third most important spice after salt and pepper.

BARB HOLLAND/FOR METRO CANADA

Two types

There are two main types of mustard seeds: The relatively mild white or yellow mustard seed and the stronger brown or Oriental mustard seed.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Spread a little national pride

Our home and native land is the mustard capital of the world — spoon up!

Did you know? Canada grows more than 90 per cent of the world's mustard seed — mostly in Saskatchewan, the real mustard capital of the world. Canada is also home to the largest and oldest mustard mill in the world.

Mustard is made from crushing the seeds of the mustard plant. The tiny seeds, about 250,000 per pound, are very pungent. On their own, they are bitter and biting. To make the condiment, the seeds are crushed into a powder and mixed with liquid (wine, vinegar, beer, water) and various spices, such as turmeric, to form a paste. Brown mustard has a dark brown seed coat and is used in Dijon-style mustards and also used in combination with yellow in English-style mustard.

Prepared mustards can range from mild yellow to hot peppery brown to very spicy mustards. No Canadian fridge is likely to be without a least one jar of this quintessential condiment. And it goes well beyond a hamburger and sandwich spread.

Here are just a few suggestions:

- Mustard is a must with ham and wonderful with pork — combine equal amount of mustard with maple syrup or honey and brush on a ham or pork roast, tenderloin or chops near the end of baking or grilling.
- Brush spicy horseradish mustard on a beef roast, then press coarsely crushed black pepper into mustard before grilling.

A simple, delicious sauce

This sauce would taste terrific on grilled salmon.

Herb Mustard Sauce

This simple sauce is good with grilled salmon, asparagus or spooned over potatoes. Makes about 1/2 cup (125 ml).

INGREDIENTS:

- 2 tbsp (30 ml) butter
- 4 green onions, chopped
- 1 /4 cup (60 ml) Dijon-style mustard
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) fresh lemon juice
- 1 tsp (5 ml) dried tarragon leaves
- Salt and pepper

METHOD:

In a microwaveable bowl, combine butter and green onions. Microwave at High for 30 to 60 seconds to melt butter and soften onions. Stir in mustard, honey, lemon juice and tarragon. Season to taste with salt and pepper.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Time out: 12:30 p.m.
Total time: 1 hour
Low $: Sweet Potato Frites, $6
High $: Seared Rare Tuna "Nicoise," $16
Lunch menu: Same Menu, daily lunch sets
Licensed: Yes

Everyone is entitled to an off day here and there. But for restaurants, a bad meal is all it takes to turn most diners away for good. Unfortunately, the day my mom and I ventured to Bistro 2210 for lunch, they seemed to be having an all-around off day.

It started off rather well. We were seated at a nice table in the middle of the busy, modern restaurant, where the quirky artwork, charming chandeliers and large windows all make for an ideal lunch setting. I ordered a café latte to start. It was made as a cappuccino, with foam on top, and it also tasted as though it was made with regular coffee beans, not espresso.

Both my mom and I ordered the Ricotta and Spinach Crepe ($12), which contained chopped spinach and lemon zest and was baked in a tomato sauce. The tomato sauce tasted like it came right out of a can of Ragu, with a heaviness and pastiness that clashed with the delicate ricotta and spinach. The crepe itself was overstuffed and the flavours were unharmonious.

CARLA CICCONE/FOR METRO CALGARY

Ricotta and Spinach Crepe.

To give them one more chance to redeem themselves, I ordered the soup of the day — seafood chowder ($7). Too bad this last dish solidified the meal as a total bust. It was grainy, abundantly fishy and inedible. Because I have been to Bistro 2210 in the past, I know that they usually make lovely, interesting dishes, such as the Moules et Frites, which I would have gotten had they not removed it from their lunch menu. On this particular day, there was nothing positive about our meal. Hopefully it was just an off day, and not a sign of a restaurant in peril.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

National spirit

My wife gave me a cool whisky tasting glass made by Nova Scotia Crystal for our anniversary last week. Though no stranger to a splash or two of scotch; with Canada Day coming up I thought I owed it to the country to break it in with some of our own homemade spirits.

While Canada certainly has a reputation for making fine libations (think beer and wine) the fact that we create darn good whisky seems to have fallen off everyone's liquid radar.

Considering my new thistle-shaped receptacle has its origins in the Maritimes; filling it with a wee dram from our nation's only single malt whisky maker seemed poetic. **Glen Breton Rare ($79.99 - $89.55)** made by Cape Breton's Glenora Distillery is a light, heathery 10 year old with a relaxed, creamy flow of soft, sweet malt.

If you like your hard liquor with more oak-influenced flavour **Danfield's Private Reserve Small Batch Whisky ($24.95 - $26.48)** tastes like an American bourbon but with all the smooth, mouth-filling sweet grain character of a classic Canadian. A touch of spring water added to each will help reveal more of their rich aromatics no matter what glass you choose to use.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

On the web

Global Peasant blog:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/global-peasant for Diane's latest kitchen toy — a spiral vegetable slicer — and the salad it creates.

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A BETTER CANADA

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MAKING TODAY'S NEWS SWEETER, WITH REAL STORIES THAT WILL MAKE YOU SMILE.

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THOSE DOG DAYS OF SUMMER

With winter's snow a distant memory, and the unpredictability of spring finally tamed, there's a collective sigh of relief: Summer has finally arrived. Here, the 10 best signs of summer:

1. Summer fun. Maybe it's the exposed skin, and the t-shirts and shorts, but there is a sense of energy and vitality that comes with being able to go outside without having to be bundled up against the elements.

2. Warmer days. The days may get slightly shorter after the arrival of summer — the longest day of the year — but it also heralds the official start of warm weather and that feeling that the worst of winter and spring is finally over.

3. Flowers burst to life. After the long dreary winter, gardens across Canada come alive with daffodils and tulips in full bloom, adding colour to our surroundings, and adding an intoxicating scent to the air.

4. Birdsong fills the air. You don't have to be a bird enthusiast to enjoy the songs of chickadees, cardinals, mockingbirds and sparrows that ring out at dawn and dusk.

5. Farmer's markets. Every summer, more weekly markets crop up across Canada, providing high quality, local produce that offers incomparable taste — and fresh from the field goodness.

6. Barbecue season starts. All across Canada, families start firing up their grills, cooking up delicious fare outdoors.

There is a sense of energy and vitality that comes with being able to get out and enjoy the summer sun.

7. Patios open. Nothing says summer has arrived like the sight of sun-bathed diners enjoying an alfresco meal. When summer hits, sidewalk cafes are the place to be, as are those intimate courtyard dining spots.

8. Communities come alive. With warmer weather and longer days, communities reunite, as people get out walking, tend to their gardens and stop to chat with one another.

9. More people bicycle. You know it's summer when the roads and recreational trails team with bicycles. With the more temperate climate, people are more inclined to pedal their way to work.

10. Theatre festivals open. When summer arrives, actors take to stages across Canada — with outdoor festivals taking advantage of beautiful evenings and warm temperatures to draw audiences.

How to tell the economy is rebounding

Although experts caution that the exact timing of economic recovery remains uncertain, over the past couple of months there have been increasingly encouraging signs that the worst of the global recession may be over and the world economy is rebounding. Here, the top five positive signs:

1. Global manufacturers are showing signs of improvement. Not only did U.S. construction spending rise in April, but in May industrial activity in China (the world's third-largest economy) expanded.

2. Stock markets and oil prices around the world have risen to reach their highest levels in seven months as investors are regaining their confidence.

3. Canadian banks – considered by the World Economic Forum to be the soundest in the world – are showing better-than-expected results and reporting modest profits.

4. Canada's housing market is improving. Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market.

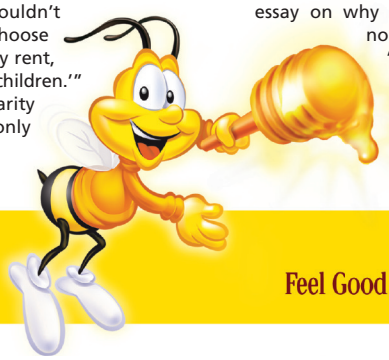
5. The Canadian government rolled out a $12-billion, two-year infrastructure stimulus spending program last month to kick-start Canada's economic rebound.

Offering women a new beginning

For many women in Toronto, Denise Whitter, founder of New Beginnings Support Program, is like a fairy godmother. Denise started the charity in 2003 to improve the lives of women and children in need by empowering women to become confident, self-sufficient, and employable. "We found women would get training and end up in minimum-wage jobs and still couldn't support their children," explains Denise. "I strongly believe women shouldn't have to choose 'Do I pay my rent, or feed my children.'"

The charity not only provides women with job coaching for fields like office administration, but also liaises with potential employers. Their annual fundraiser, Wedding Bliss, takes place on June 20 at the Ted Rogers School of Management in Toronto, where brides-to-be can pick out donated wedding gowns, worth thousands of dollars, for between $50 and $200.

There will also be a contest for 10 lucky women to win a free wedding gown. To enter, simply write a short essay on why you or a person you nominate have been a "local Angel" in the community and are deserving of a free wedding gown.



Breaking out the family fun

When it comes to quality family time, most people opt for going to the movies or renting one together. As fun as this is, watching a movie doesn't actually involve group interaction though. One activity that does create a great bonding experience for your entire brood is a games night.

So designate a specific night on the calendar, turn off the cell phones and the T.V., and get out the board games for some good old-fashioned family fun. Instituting a weekly games night for your family allows uninterrupted time together – an increasingly rare occurrence in our time-crunched lives.

There are a plethora of games to choose from including time-honoured favourites like Yahtzee, Scrabble, Chess and Monopoly.

Not only does a games night bring you closer together as a family unit through face-to-face interaction, but it teaches kids some basic life lessons in an informal way including co-operation and teamwork, honesty and playing fair, understanding and accepting both winning and losing, making choices and accepting the consequences, and patience. This is one family tradition that's sure to become an instant hit for years to come.

Feel Good Stories brought to you by Honey Nut Cheerios. EVERY DAY COULD USE a touch of honey

Mango's male face

The new face of the autumn/winter 09 MANGO menswear line HE Homini Emerito will be Max Irons, the son of actor Jeremy Irons. The 23-year-old currently made his acting debut in the London theatre's Wallenstein. METRO NEWS SERVICES

Style

IWC pilot watch

Channel the iconic aviator Howard Hughes with this pilot watch by IWC. It's designed for men but would also look cool and chic on women. Added bonus: It comes in a smaller size for young boys. (Available at iwc.com). KENYA HUNT/METRO WORLD NEWS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Bright colours for men in Milan

Spring collections are sporty, tailored

From soft suits to sporty leisure wear, designers at Milan's fashion week sought more to reassure rather than provoke with easy, familiar styles and vibrant colours for men next spring.

The trend at the spring/summer 2010 menswear shows — which ended on Tuesday — was for a mix of tailoring and dressed down, with roomy bags and sportswear shoes evoking a travel theme.

A neat and firm silhouette was evident — shoulders were defined, while waists and trousers were slim at Gianfranco Ferre and Roberto Cavalli. Bottega Veneta had V-shape trousers — full on top and narrow below — with crisp shirts and jackets.

Trousers, usually slim, were to the ankle.

As the warm season brings out more skin, several top names made sure to show off men's bodies – with revealing vests at Cavalli and open tops tucked into tiny tight swimming trunks at Dolce & Gabbana, also seen at Versace.

Not known as one to go with trends, Miuccia Prada cut out the colour seen elsewhere and stuck to greys, black and white for an urban collection shown against a monochrome backdrop.

Prada presented knit waistcoats or armless buttoned gilets over armless collarless shifts of shirts. Tops, some in a flexible wetlook fabric, had holes. Trousers with tiny black and white checks or tweed-like narrowed at the ankle.

"I wanted it to be contemporary, wearable," she said.

The theme was also urban at Emporio Armani — for which designer Giorgio Armani got a standing ovation from some of the crowd. Armani, looking to city connections, presented suits in cool shades of grey with a fitted cut and defined shoulders and trousers with small darts at the front and turn-ups.

"It is city smart but also comfortable," Armani said in show notes. He also turned to Asia with jackets in techno mesh and put in dabs of orange on jackets, fleeces and accessories.

For his Giorgio Armani line, he went for classicism — suits were chequered or striped, shirts had oversized patterns.

Armani also put out white suits with sky blue patterned tops. White was also evident at Salvatore Ferragamo and Ferre which had a "free and easy yet ever impeccable mood".

Versace and Gucci, whose mood was "resolutely optimistic", started their shows with men dressed in white or pale creams.

Versace also showed comfort with unbuttoned tunics and safari-like jackets, also seen at Ermenegildo Zegna and Ferre which had sparkly tops underneath.

Burberry's Christopher Bailey took outerwear from dark to pastel colours, which he said was like starting with rain and ending with sunshine, an analogy of the tough economic climate.

He chose a softer shoulder on suiting, worn with crew necks and knits that had straps. Cavalli also splashed pink, yellow and green on tops, trousers and shiny shoes. REUTERS

PHOTOS BY STEFANO RELLANDINI/REUTERS

The spring/summer 2010 men's collections at Milan Fashion Week focused on neat, firm silhouettes and bright colours as well as earth tones. Left: Roberto Cavalli. Right: Emporio Armani.

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(note: fees are paid for by this client)

Yoga jeans equal super comfort

JANINE FALCON
For Metro Canada

TREND Yoga Jeans are not jeans to wear in yoga class.

Made from brushed cotton denim with three per cent elastane, they're super stretchy so they'd be far more comfortable for downward dog than you'd expect — and the waistband won't gape.

But with their deep, inky washes and flattering fit that make legs look miles long and lean, Yoga Jeans will work better with that hot top you bought to wear on Saturday night.

No sagging in the butt or knees!

Cut in mid- and low-rise skinny, straight, flare and boot-cut styles, as well as an ankle-length summer pant, Yoga Jeans (about $110) are the hottest pants in town. Made by Canadian company Second Clothing, they have a 92 per cent shape memory versus the industry standard of 64 per cent, which means zero sagging in the butt or knees.

That stretch factor also makes the skinny jeans more comfortable behind the knees (one happy customer demonstrated with deep-knee bends for her co-workers). The aforementioned waistband is another marvel: constructed of six individual pieces, it seriously won't gape when you bend or do the plow pose.

Yoga Jeans come in sizes 24 to 34 and with an inseam that can hit 33 in the larger sizes. They're available at Jean Machine, theshoppingchannel.com and at shopgirls.ca. (Shopgirls exclusively carries the new high-rise boot cut for the anti-muffin-top crew). The brand is set to hit the U.S. and Europe this fall.

Yoga jeans, $110, have a 92 per cent shape memory built into the material which means zero sagging in the butt or knees.

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HOT, HOT, HOT STUFF

Hit the beach in sizzling pieces that are sure spark some heat

PHEROMONE ALERT! Prada's Infusion de Fleur d'Oranger draws in sun goddesses like moths to a flame with its neroli and jasmine blend ($88 for 100 mL)

SCORCHED EARTH Leave a little to the imagination: A chic scarf doubles as a sarong ($92, Love Quotes)

POP TARTS Put your pastels out to a pasture – this season is all about juicy, notice-me hues. Zoya Professional Lacquer in Paz and Midori ($9.95 each)

SEXY SNAPPER Sleek in form, waterproof in function and chartreuse in fabulosity, the Stylus Tough lives up to its name ($349, Olympus)

Editors' Pick

WILD BUNCH

If your summer travel plans are shaping up to be more of a staycation than a trek through the Amazon, at least you can pretend, a la Where the Wild Things Are, with Smashbox's safari-inspired Untamed collection. The line includes a waterproof shadow/liner in a trio of wearable neutrals and a double-ended eye-brightening pencil that makes it easy to highlight on the fly.

Smashbox Untamed Waterproof Shadow Liner Trio ($31)

BEAUTIFUL ESCAPES

GUCCI WESTMAN Global artistic director, Revlon ● Vacation 2009 "I just came back from the Turks and Caicos and loved it!" ● **Favourite holiday sun spots** "Barbados, Ramatuelle and Hawaii." ● **Pre-holiday prep** "Go for a mani-pedi, dye my lashes, get my roots done, prep my body for exposure and shop for summer dresses and a new bikini." ● **Favourite cocktails** "Caipirinhas, bellinis and, on a summer holiday, chilled rosé." ● **Favourite indulgence** "Fresh grilled fish." ● **Packing essentials** "A new swimming costume, a great beach bag, a deck of cards, a great sundress and a hat." ● **Favourite self-tanner brand** "Decléor." ● **Favourite bathing beauty** "Ursula Andress."

Gucci Westman with her husband and son in the Turks and Caicos

Decléor Aroma Sun SPF 10 Hydrating Tinted Self-Tanning Gel-Cream ($35)

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Weaver not returning with Ghostbusters

Sigourney Weaver has revealed that she will not be appearing in Ghostbusters 3. In an interview with TV Squad she said: "No, I don't expect to have anything to do with it, although I wish them well." FEMALEFIRST.CO.UK

Entertainment

Next Riddler?

Johnny Depp wants to play the Riddler in the next Batman movie. The Public Enemies star would love to take on the role of the game-obsessed villain in the superhero blockbuster.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Alexisonfire grows up

Old Crows/Young Cardinals is the new album from Alexisonfire.

Alexisonfire

Album: Old Crows/ Young Cardinals
Label: Dine Alone
Rating: ●●●●½

"WE ARE NOT the kids we used to be, stop wishing for yesterday." So goes the chorus of Old Crows, the opening track of Alexisonfire's fourth CD (note: it's yelled, not screamed). Yes, boys and girls, even emo-screamo kids have to grow up, sometime. That's the message deftly delivered here. The members of Alexisonfire were barely out of high school six years ago when they astonished an unsuspecting industry by scoring platinum with a searing debut CD without the help of a major label. Old Crows/Young Cardinals retains the edge of the old AOF while venturing into a maturer sound, more palatable to older ears. The vocal tension between Dallas Green, Wade MacNeil and George Pettit remains, but also produces some remarkable harmonies. Pettit in particular has traded his hardcore screams for an angry, throaty howl. And the social politics he enters in songs like Emerald Street are written with the keen eye of the observer. This is a band that's far stronger than it's individual parts and will hopefully be around for many years to come.

Graham Rockingham/for Metro Canada

Regina Spektor

Album: Far
Label: Sire/Warner
Rating: ●●●½

IT'S HARD TO figure Regina Spektor out. The Moscow-born Bronx-raised pianist wowed fans with her dark songs on Begin to Hope, but here she's playing the pure pop princess. Equal parts cute, quirky and just plain weird, Far delivers an eclectic mix of jumpy piano numbers and indie Feist-like sounds. For the most part it works — Eet is a rollicking track with a wicked falsetto — but there are some flops, such as Machine, a plodding, droney tune that sounds too industrial for its own good.

Bryan Borzykowski/for Metro Canad

MusicReviews

music@metronews.ca

The Cliks

Album: Dirty Kings
Label: Warner
Rating: ●●●

THE COVER OF this Toronto band's third album promises to deliver some nasty, below-the-belt punches. But the only real dirt here is a sexual tease. The Cliks have streamlined into that of a slickly produced guitar-based power trio. The album comes out of the box bubbling over with hypersexual tension on the opening track Haunted and the title song Dirty King, but settles into the plodding comfort zone of '80s power balladry on Not Your Boy, Red and Blue and eventually slides into the graceful cabaret of Emily. The Cliks are at their best when following the driving lead of bassist Jen Benton. Lead singer and guitarist Lucas Silveira has the potential for achieving major alt-rock divadom. He'll find it easier to achieve by serving up more dirt and less theatre.

Graham Rockingham/for Metro Canada

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/25/09	267	351 - ACCESS	Alberta Primetime (Live)		Greek "Freshman Daze"		Private Practice		Grey's Anatomy		Primetime
	243	317 3 CFCN	etalk	Hollywood	(8:01) The Listener		Criminal Minds (HDTV)		So You Think You Can Dance		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Samantha Who	In Motherhood	Grey's Anatomy		Practice
	245	306 6 CBRT	Coronation St.	Jeopardy! (N)	*The Dolphin Dealer* (2008)		Doc Zone (HDTV)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	(8:01) Harper's Island		Bones (HDTV PA)		The Office	The Office	News Hour
	246	- 8 CKAL	Law & Order: SVU		Law & Order: UK		30 Rock	Scrubs	Friends	30 Rock	Your City
	119	705 9 CBXFT	Des squelettes	Gars fille	Perdus "Namaste" (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
primetime	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News (N)	Hollywood	The Doctors		Criminal Minds (HDTV)		CSI: Crime Scene Invstgtn.		The Mentalist
	-	374 14 KSPS	NewsHour With Jim Lehrer		NW Profiles	Jeep-Soldier	Midsomer Murders		MI-5		Soundstage (N)
	502	390 15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	30 Rock	The Office	The Office	30 Rock	The Listener
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)		So You Think You Can Dance		News (N)
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news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400 21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)			Golf TELUS World Skins Game -- Day 2. From Levis, Que.			
	408	418 27 net	Best Damn Sports Show		Heads-Up Poker		The Ultimate Fighter (HDTV)		Sportsnet Connected		MMA Conn
	410	403 30 SCORE	(5) 2009 NBA Draft		Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score
	411	457 44 OLN	Survivorman		Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter
	417	406 48 SPEED	Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Pinks -- All Out
family	552	543 20 YTV	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Stoked (N)	Stoked (N)	6TEEN	6TEEN	Futurama	*Tank Girl* ★ (1995), Ice-T	
cable variety	575	583 11 CMT	Live at the Orange Lounge with Keith Urban			Hope & Faith	Tuckerville	The Wilkinsons	Live at the Orange Lounge with Keith Urban		
	553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	*Miss Congeniality 2: Armed and Fabulous* ★★ (2005)				The Beast		News (N)
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	How Clean	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560 24 TLC	American Chopper (N)		Paint Misbehavin' (N)		American Chopper		Paint Misbehavin'		Amer. Chopper
	603	561 25 FOOD	Jamie Oliver's Ministry		Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Jamie Oliver
	615	520 26 A&E	Crime 360 Serial robber.		Crime 360 "Run & Gun"		Crime 360 (HDTV)		The First 48 (HDTV)		Crime 360
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death	*Seventeen and Missing* (2007, Drama)		
	601	562 33 SLICE	10 Pounds	Last 10	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Sp
	-	633 34 ENC2	*House-Hauntd*	*Death Weekend* ★ (1977, Suspense)			*The Swarm* ★★ (1978, Horror) Michael Caine, Katharine Ross.				
	520	505 35 DISC	Sperm Race	Time Warp	MythBusters		Daily Planet		The Great Sperm Race		
	620	523 36 BRAVO	*Walk All Over Me* (2007, Crime Drama) Leelee Sobieski.				Law & Order		Without a Trace		*Walk All*
	294	650 40 WPCH	MLB Baseball		Home Videos	Seinfeld	Family Guy	Family Guy	*Dead Man on Campus* (1998, Comedy)		
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Now
	-	539 42 TCM	(6) *La Strada* (1954, Drama)		*Juliet of the Spirits* ★★★ (1965, Fantasy) Giulietta Masina, Sandra Milo.					*Satyricon* (1969, Drama)	
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				Jesse James Is a Dead Man		MANswers	GameTrailers	Disorderly
	522	516 45 HIST	Unlocking the Past		NCIS "Head Case"		Ancient Discoveries		Unlocking the Past		NCIS
	627	528 46 SPACE	*SS Doomtrooper* (2006, Science Fiction) Corin Nemic.				Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *The Game* ★★★ (1997, Suspense)				*Sleeping With the Enemy* ★★ (1991, Suspense)				*Usual*
	619	525 49 TROP	North of 60 "The Cure"		Traders "Meltdown"		Inside Hollywood (N)		Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans		Disaster DIY	Big Amazing	HolmesOrleans
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507 92 VIVA	The Closer "Slippin'"		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350 93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*U.S. Marshals* ★★ (1998, Crime Drama) Tommy Lee Jones, Wesley Snipes.				
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581 100 MMM	The Daily Fix		Entourage	Rock Rundown		Ranked!		Gene Simmons	Entourage
	570	580 101 MM	Paris Hilton's My New BFF		Video on Trial	MuchNews	2009 MuchMusic Video Awards				MuchTopTens
	581	566 102 MTV	Canada's Next Top Model		Canada's Next Top Model		MTV Live	After	The Real World		Canada-Model

critics'corner

CMT Live at the Orange Lounge with Keith Urban

He's got several tour stops in Canada this fall, but if you can't wait that long, enjoy this concert special that country music's wonder from Down Under taped in Toronto in May. Highlights include a rousing opening rendition of "Days Go By," a haunting acoustic version of "Once in a Lifetime" and a string of songs from his latest album, "Defying Gravity." A sweet thing indeed. 7 PM on CMT

The Dolphin Dealer

People love dolphins — watching them perform at marine parks, swimming with them or just watching "Flipper." And that's made Chris Porter a lot of money. This 2008 documentary chronicles four years in the life of Porter, who captures and sells dolphins to marine parks and resorts. He says he's strengthening the bond between dolphins and humans; his detractors say he's exploiting the animals. This could get ugly ... and does. 8 PM on CBRT

The Mars Volta

Album: Octahedron
Label: Warner
Rating: ●●●

THE MARS VOLTA'S heavy prog-rock riffs have sent fans of the band members' old band, At The Drive-In, running for the hills a long time ago. And while their fifth disc won't bring back all those followers, this might be the album that'll win over the critics. Octahedron is still loaded with meandering guitars, Rush-like vocals and incredibly complex arrangements, but it's more measured, and less over-the-top than their previous work. The instrumentation is looser, the vocals accessible, and the band's pretension has been dialed back.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Lovato wears Disney crown

IAN JOHNSTON
for Metro Canada

Disney's latest acting-and-singing megastar doesn't mind missing out on normal teen things like high school. At 17, she just wants to work.

"I'll relax when I'm older," says Demi Lovato, whose last couple of years have included a hit album, a sold-out tour with the Jonas Brothers, the Disney megahit Camp Rock, a sitcom (Sonny With A Chance), and the TV movie Princess Protection Program, airing this tomorrow on Family.

Oh, and there's also a second 2009 album, set for release next month, plus the inevitable Camp Rock 2.

"That's crazy, I know. But I'm doing it. Why not take advantage of it now if the opportunity is there?" says Lovato, who was in Toronto recently for the red carpet premiere of Princess Protection Program.

The comedy is a typically lighthearted fish-out-of-water Disney TV movie about a princess (Lovato) who befriends an American tomboy (Selena Gomez), while hiding out in a small southern town.

Princess is just Lovato's latest project with Disney, responsible for steering the careers of such tween sensations as Miley Cyrus and The Jonas Brothers. Lovato isn't as famous as all that — yet — but she's getting there. Lovato says she's comfortable with fame and being a role model for kids.

Demi Lovato returns to Disney with the TV movie Princess Protection Program.

"I knew going into Camp Rock I'd become a role model. But I want people to know I'm growing up right in front of you. So I'm going to make mistakes. I want to be a role model for what I do or overcome — not being perfect."

Princess teams Lovato with her longtime friend Gomez, another rising Disney star best known for the series The Wizards of Waverley Place. The pair first met as seven-year-olds in Dallas at, believe it or not, a casting call for The Barney Show.

"She was wearing a red ribbon in her hair, and turned around, and asked me if I wanted to colour with her," recalls Gomez.

"I think Disney really likes our friendship because it's honest and genuine."

On TV

- Princess Protection Program airs tomorrow on The Family Channel.

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Nick nixes relationship

Nick Lachey and Vanessa Minnillo have called it quits, their reps confirm to people.com. "They have amicably split but remain good friends who still greatly care for one another," Minnillo's rep said of the couple, who began dating in 2006. METRO NEWS SERVICES

Celebrity Buzz

What's life without Brad?

SOULMATES Angelina Jolie admits she couldn't imagine life without Brad Pitt. "I don't like being without him. I don't love being alone any more," she told Britain's OK magazine.

"He's amazing. He's a really dedicated father. I feel very blessed that every day I wake up and I live with my favourite people in the world, as well as my best friend."

And then there are the six kids they share. "Of course couple time is important, but we've grown to love the chaos of six kids and the fact that you can never stop being mommy and daddy. Even if we lock our door the children come knocking."

METRO WORLD NEWS

Chris kicks into career-saving mode?

DAMAGE CONTROL Chris Brown won't go to jail for assaulting Rihanna, but the question now is whether his plea-bargained penalty — community labour, probation, domestic violence classes — will reform his behaviour and save his career, people.com reports.

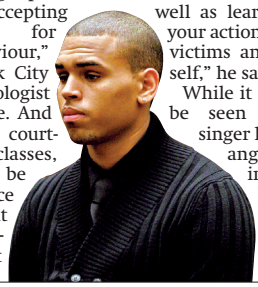
Brown reached a deal with prosecutors in exchange for pleading guilty to felony assault — and some experts say the R&B star is already off to a good start.

"In accepting a plea bargain, you're accepting responsibility for your behaviour," said New York City clinical psychologist Jeffery Gardere. And by taking the court-mandated classes, Brown will be forced to face the issues that led him to become violent in the first place. "Part of those classes is talking about what happened as well as learning what your actions can do to victims and to yourself," he said.

While it remains to be seen how the singer handles his anger, living in the public eye may serve as an extra deterrent. What may be harder for Brown — once known as a good boy — is rehabbing his image.

"A song with the proper lyrics and melody can heal wounds," explained former record label executive Charlie Walk, president and CEO of CWE Media, a multimedia entertainment company. "If he apologizes through song, that may be enough to take him where he needs to go."

METRO NEWS SERVICES

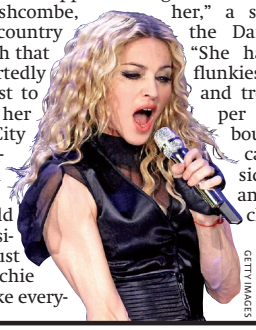


Madge pines for Ashcombe

NOSTALGIA Madonna apparently misses Ashcombe, her English country estate, so much that she's reportedly sparing no cost to make over her New York City home in its image — room by room.

"It would have been easier if she had just asked Guy Ritchie if she could take everything from Ashcombe with her," a source told the Daily Mirror. "She has ordered flunkies to go out and troll the Upper East Side boutiques for candelabras, side tables and period chaises."

METRO WORLD NEWS



GETTY IMAGES

Robert sends NYC into frenzy

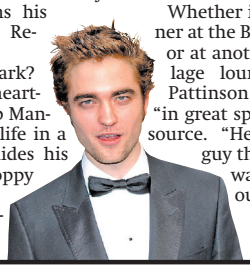
HEARTTHROB By day, Robert Pattinson makes the hearts of New York City women flutter around the city when he films his latest movie, Remember Me.

And after dark? The Twilight heartthrob heats up Manhattan's nightlife in a hoodie that hides his signature floppy hair, people.com reports.

The 23-year-old has been hitting East Village hotspots, including his favourite, Black and White.

Whether it's over dinner at the Bowery Hotel or at another East Village lounge, Cabin, Pattinson is reliably "in great spirits," said a source. "He's like the guy that everyone wants to hang out with."

METRO NEWS SERVICES



Britney mourns McMahon

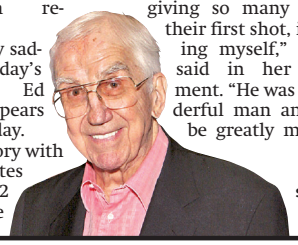
TRIBUTE Britney Spears is mourning the death of Ed McMahon, who died Tuesday at age 86 after a battle with cancer, usmagazine.com reports.

"I am deeply saddened by today's news about Ed McMahon," Spears Tweeted Tuesday.

Spears' history with McMahon dates back to 1992 when, at the age of 10, she sang Naomi Judd's Love Can Build a Bridge on the McMahon-hosted show Star Search.

"He is responsible for giving so many artists their first shot, including myself," Spears said in her statement. "He was a wonderful man and will be greatly missed."

METRO NEWS SERVICES



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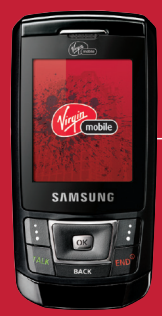

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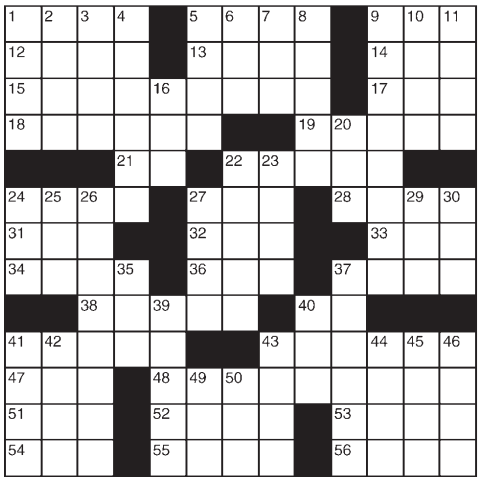
Today Morning clouds. 24 C / 10 C
Friday High-level clouds. 20 C / 9 C
Saturday High-level clouds. 22 C / 7 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist — Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Serve tea
5 Nibble away at
9 Once around the track
12 Teensy bit
13 Easy gait
14 Swelling aid
15 Trattoria order
17 Support system?
18 Off the boat
19 Harder to find
21 Celeb-oriented magazine
22 Tin star
24 Datum
27 Solidify
28 Elevator name
31 Conceit
32 Adaptable truck
33 Astaire specialty
34 Make one's way
36 Foolhardy goddess
37 Peru's capital
38 Manhattan Project scientist
40 Lindbergh book
41 Musical show
43 Piece maker?
47 Cistern
48 Lucia di Lammermoor composer
51 Performance
52 First victim
53 Midday
54 Muumuu accessory
55 Mob scene
56 Woman of the knight?

Crossword down

1 Tower city
2 "My bad"
3 Hexagonal state
4 Mixture
5 Merriment
6 "To be or — ..."
7 Likely
8 Odd
9 Musical texts
10 Farm fraction
11 Bartlett, for one
16 Day pts.
20 Past
22 Playwright Ugo
23 Sheltered
24 A mere handful
25 Census statistic
26 New Year's Eve mess
27 "Where America's Day Begins"
29 "How Dry —"
30 Resort
35 Aachen article
37 Myth
39 Speeder's worry
40 Oz VIP
41 Elliptical
42 Wear a rut in the rug
43 Leave at the altar
44 Old portico
45 Bit for 38-Across
46 Sommelier's suggestion
49 Kimono closer
50 Ultramodernist

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	3						5	4
		1	4		6	7		
6								1
		6	7		3	4		
9								5
		4	2		1	9		
3								8
		2	5		8	3		
1	7						6	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	I	S	C		L	A	M		A	P	S	E
A	N	T	E		A	L	I		C	H	A	T
S	C	A	L	A	W	A	G		T	O	R	N
S	H	R	I	L	L		H	E	R	N	I	A
			A	B	E		T	R	E	E		
P	O	M		A	S	H		A	S	T	I	N
D	I	A	L		S	I	R		S	A	K	E
A	L	I	E	N		M	E	T		G	E	T
		N	A	I	L		L	A	P			
C	O	D	D	L	E		A	T	E	A	S	E
O	G	R	E		M	I	X	E	D	B	A	G
A	L	A	R		O	D	E		A	L	S	O
L	E	G	S		N	O	D		L	E	S	S

5	9	2	1	4	7	8	3	6
4	1	6	3	9	8	7	5	2
7	3	8	6	5	2	1	4	9
3	6	5	4	8	1	9	2	7
1	7	9	2	3	5	4	6	8
8	2	4	7	6	9	5	1	3
9	5	3	8	2	4	6	7	1
2	4	1	9	7	6	3	8	5
6	8	7	5	1	3	2	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Pork Burgers with Guacamole

INGREDIENTS:
3 tbsp (45 ml) canola oil
2 cloves garlic
1 small onion
2 fresh red or green chili peppers
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
Small bunch of cilantro
1 lb (450 g) ground pork
1 small egg
Salt and black pepper
1 lemon or lime
1 large avocado

METHOD:
1. Heat 1 tbsp (15 ml) canola oil in small frying pan. Peel and crush 1 clove of garlic, peel and finely chop onion, add to pan and fry until soft.
2. Rinse and finely chop fresh chili peppers, including seeds. Set half aside for guacamole and add remainder to onion. Stir in spices and fry gently 3 minutes, or until mixture is soft but not browned.
3. Rinse, dry and roughly chop enough cilantro leaves to give 2 tbsp (25 ml) and add half to reserved chili peppers. Put rest of chopped coriander into large bowl and add fried onion mixture, pork, egg, salt and pepper. Wash wax from lemon or lime, finely grate rind into bowl and stir mixture, which should be slightly soft.
4. Heat remaining oil in large frying pan. Divide mixture into four and pat each piece into fairly flat burger. Fry over moderate heat 5–6 minutes per side, until cooked through.
5. For guacamole, squeeze juice from half lemon or lime and put into bowl with reserved chili peppers. Peel remaining garlic clove and crush into bowl. Halve and pit avocado, and scoop flesh into bowl. Season, then mash together well.
6. Drain burgers on paper towels and serve with guacamole and corn chips or soft tortillas.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You'll feel a lump in your throat when you hear a hard luck story today. Being an Aries, you'll also want to do something practical to help.

TAURUS ♉
APRIL 21-MAY 21
Your smooth-talking ways will come to your rescue today, especially on the work front where you may have to say nice things to stay on good terms.

GEMINI ♊
MAY 22-JUNE 21
You may be a fun-loving type but if you get carried away in the next few days the bill may be bigger than expected. Make sure others pay their share.

CANCER ♋
JUNE 22-JULY 22
Someone seems to think they can tell you what to do, but you have no intention of dancing to their tune like a puppet. Cut the ties and set yourself free.

LEO ♌
JULY 23-AUG 23
You enjoy being the centre of attention, but you won't be in the mood for socializing today. You don't have to make an effort if you don't really want to.

VIRGO ♍
AUG 24-SEPT 22
Someone will try to embarrass you today but they'll only succeed if you allow yourself to feel guilty about what you have done.

LIBRA ♎
SEPT 23-OCT 23
Your efforts in the next few days will bring amazing results — just don't worry you can't live up to others' expectations. You'll surpass them.

SCORPIO ♏
OCT 24-NOV 22
A positive attitude will bring positive results today. A trip outside your usual neighbourhood will open your mind and could even bring romance.

SAGITTARIUS ♐
NOV 23-DEC 21
Few things happen that are not part of a wider plan. If you can internalize that thought you will never again worry about minor setbacks.

CAPRICORN ♑
DEC 22-JAN 20
What pleases the love of your life pleases you too, but don't let that blind you to the fact that not all your needs and desires coincide.

AQUARIUS ♒
JAN 21-FEB 18
You'd do anything for anyone, loved one or stranger, but that can make you a target for less honest types. Don't let them exploit you.

PISCES ♓
FEB 19-MARCH 20
The sun in Cancer at this time of year makes all things possible, so why are you trying to go back and change outcomes that have already occurred?

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